ABSTRACT OF THE DISCLOSURE

A communication system includes a mobile terminal and a base station. The mobile terminal estimates signal quality of a forward link during a first power control group period and determines a power control bit based on the estimated signal quality. The mobile terminal further transmits the power control bit on a reverse link during the first power control group period. The base station receives the power control bit on the reverse link and modifies forward link power based on the power control bit at commencement of a second power control group period.